

February 16 2025



February is Black History Month. Each February, people across Canada participate in Black History Month events and celebrations that honour the legacy and contributions of Black people in Canada and their communities. In February 2008, Senator Donald Oliver, the first Black man appointed to the Senate, introduced the [Motion to Recognize Contributions of Black Canadians and February as Black History Month](#). It received unanimous approval and was adopted on March 4, 2008. The adoption of this motion completed Canada's parliamentary position on Black History Month.



In most provinces of Canada, the third Monday in February is observed as a regional statutory holiday, typically known in general as Family Day (French: *Jour de la famille*)—though some provinces use their own names, as they celebrate the day for different reasons. The third Monday of February is observed as "Family Day" in the provinces of Alberta, British Columbia (BC), New Brunswick, Ontario, and Saskatchewan; as Louis Riel Day in Manitoba; as Nova Scotia Heritage Day in Nova Scotia; and as Islander Day in Prince Edward Island. In Canada more generally, the third Monday in February has also been celebrated as Heritage Day, though this is not as an official holiday. This "Heritage Day" is observed by some in celebration of the country's collective history, architecture, and cultural heritage.

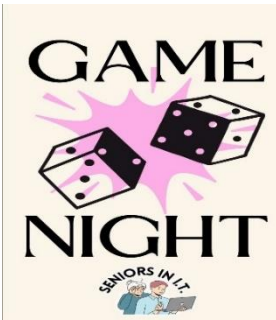


At the stroke of noon on February 15, 1965, Canada's red and white maple leaf flag was raised for the very first time. The flag belongs to all Canadians; it is an emblem we all share. Although simple in design, Canada's flag well reflects the common values we hold so dear: freedom, peace, respect, justice and tolerance. Canada's flag is a symbol that unites Canadians and expresses throughout the world and always our pride in being Canadian.

EVENTS TO LOOK FORWARD TO ON SLR'S CALENDAR



Please join us on Zoom and connect with other members of SLR. There is no set topic just sharing of ideas, events and experiences. The remaining coffee chats of February 2025 will be: Sat Feb 15, Fri Feb 21. 10 am on Sat. and 1:30 pm on Fri.)



DON'T MISS THIS SPECIAL EVENT

The Western students involved in the computer clinics have expressed a wish to have a social gathering with SLR members. They will host a board game evening at Grosvenor Lodge and have offered to provide snacks. Coffee and Tea will also be available.

There is no cost to attend this fun-filled evening.

Tuesday, February 25, 2025 - 6:30 to 8:30 pm. We ask that you register using the email below so that we know how many SLR members will attend:

srlsocial@gmail.com Registration closes Tuesday, February 18, 2025

FOUNDERS DAY LUNCHEON HELD ON FEBRUARY 14, 2025



On Valentines Day, over 50 participants gathered at Siloam United Church to celebrate our SLR Founders and enjoy a feast of camaraderie, fabulous food, and a great show put on by Sue VanDuynhoven. Sue is a local ventriloquist and between her and "Grandpa" telling stories we enjoyed many laughs.

Then we learned about Sue's volunteerism at the Children's Hospital and the healing work with the puppets that she has been doing over many years. It was a truly inspiring, passionate talk and warmed our hearts on a winter's day.

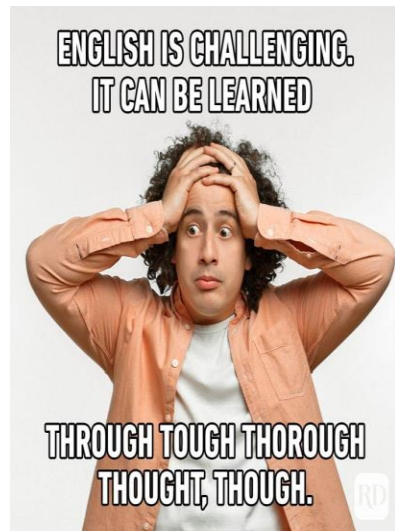


Kudos once again to our Social Committee (Diana, Alison and Michelle) who decorated the Siloam space with red and white, provided take-home goodie bags, scouted out and hired the excellent caterers from Sticky Pudding, and found Sue to entertain us; and to the Singers who welcomed us as we entered with songs of love.



The meal was a delicious lasagna with rolls, Caesar's salad, crudites, cake and fresh fruit. Everyone with dietary restrictions was accommodated. Our Founders would be proud - and likely astonished - as to how much we've grown!

LAUGHTER IS THE BEST MEDICINE





Canada begins construction on a wall at the Canada US border 🇨🇦🦉



ANSWERS TO PREVIOUS RIDDLES

I am used to bat with, yet I never get a hit.

I am near a ball, yet I am never thrown.

What am I? **Eye lashes**

I break she falls. I break she falls. Who am I, and who is she? **I am Day, she is Night**

I can be quick and then I'm deadly, I am a rock, shell and bone medley.

If I was made into a man, I'd make people dream,

I gather in my millions by ocean, sea and stream. **Sand**

NEW RIDDLES

My first, carbon dioxide emits

My second, a place of loose change deposits

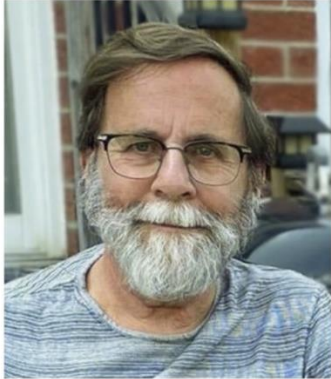
My whole, perhaps near the order pickup line sits. What am I?

Read me forwards I am the highest point of everything. Read me backwards scarcely anything is deeper. What am I?

You can see me in water, but I never get wet. What am I?

In Memoriam

Micheal Joseph Cormier



On Wednesday, February 12, 2025, Micheal (Michael, Mike) passed away peacefully, surrounded by love to the dulcet tones of Vivaldi's Four Seasons. Micheal loved his family fiercely, and committed his life to fighting for the underprivileged. He was passionate about justice and took the care to meet individuals where they were, seeing hope for everyone no matter how dark the situation. Micheal had a curious mind and a passion for learning. He would happily have studied almost anything and always had several weighty books on the go, covering beloved topics ranging from law, music, psychology, astronomy, science, religion and politics. We were so fortunate to have had him as a member of SLR. I remember participating in courses on Zoom with Micheal. Sincere condolences to his family and friends

Visitation will take place at Westview Funeral Chapel, 709 Wonderland Road North, London, on Tuesday, February 18, 2025, from 2:00 – 4:00 p.m. and 6:00 – 8:00 p.m., followed by a Funeral Mass to be celebrated at St. George Parish, 1164 Commissioners Road West, on Wednesday, February 19, 2025 at 11:00 a.m. Luncheon at St. George Parish immediately following the service. In lieu of flowers, please consider making a donation to Alzheimer Society Southwest Partners or a charity of your choice.

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